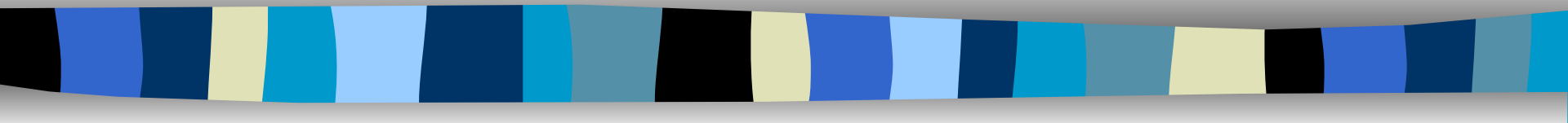


The Integration of Risk Stratification, PCO, & CHCS



Offutt AFB Health and Wellness Center



Who Needs to Know?

- Key Staff
- Pro Staff
- First Shirts
- HAWC Staff



Fitness Education Courses

1. Fitness Briefing
2. Microfit
Assessment
3. Fitness Consult
4. Fitness Trainer

**select codes and
provider*

■ Exceptions:

- **Pregnancy**
- **High Risk/Doc Ref**
- **Diabetes**
- **Older Adult**
- **PT Ref**



Nutrition Education Courses

1. General Nutrition Briefing
2. Nutritional Consult
3. Cholesterol Class
4. Hypertension Class
5. Sensible Weigh (BF=Triwest)
6. Diabetes



Lifestyles Management

- Referred from Life Skills Center, Doc, FPM, or self referral

1. Relaxation Class
2. Lifestyles Management Class
3. TCC

REFERRAL LOOP

